

Walking Kit Check List

What to Wear

- Boots
- Socks
- Walking trousers
- Base layer top
- Mid layer top
- Outer jacket
- Rucksack
- Rucksack liner

What to carry

- Waterproof trousers
- Waterproof Jacket
- Spare warm top
- Warm hat
- Sun hat
- Gloves
- Buff
- Walking poles
- Pen & paper

Equipment

- Phone
- Map
- Compass
- Head torch
- First Aid kit
- Group Shelter
- Phone Dry Bag

Self Care

- Wet wipes/toilet paper
- Nappy Bag
- SPF/Sun cream
- Food
- Hydration & bottle
- Insect Repellent

For the Car!

- Towel
- Spare dry clothes
- Swimwear